

## Unit (8) You are what you eat

### Lessons [1 & 2]

word	meaning	word	meaning
allergic	لديه حساسية	falafel	فلافل
delicious	لذيذ	popular	محبوب / مشهور
energy	طاقة	Britain	بريطانيا
fast food	طعام سريع	chips	بطاطس مقلية
juicy	مليء بالعصير	samosas	سمبوسة
salty	مالح	vegetables	خضروات
spicy	كثير التوابل	Rojak	روجاك - وجبة ماليزية
activity	نشاط	sweet	حلو
spices	توابل	country	بلد / دولة
kind	نوع	chicken	لحم دجاج
Morocco	المغرب	enough	كافي
sugar	سكر	rice pudding	أرز بلبن
snack	وجبة خفيفة	washing up	غسل الأطباق
healthy	صحي	plates	أطباق
fava beans	فول أخضر	describe	يصف
bread	خبز	athletics	ألعاب القوى
nuts	مكسرات	pasta	مكرونة
careful	حريص	practice	تدريب
problem	مشكله	netball	كرة الشبكة
lucky	محظوظ	good for	مفید لـ
full	شبعان	hungry	جائـع

### Definitions

allergic	having an allergy to something <b>لديه حساسية</b>
spicy	has a strong taste from spices. <b>متبل</b>
energy	the ability to do a lot of work <b>without being tired.</b> <b>طاقة</b>



delicious	very nice to eat <b>لذيذ</b>
salty	having the taste of salt <b>مالح</b>
juicy	full of juice <b> مليء بالعصير</b>
fast food	food that is served quickly in a restaurant or cafe. <b>طعام سريع</b>

### Words and expressions

kind of	نوع من	take the plates to	يأخذ الأطباق إلى
a cup of coffee	فنجان قهوة	do the washing up	يفسل الأطباق
make falafel	يصنع طعمية	only a little	قليل فقط
popular in Egypt	مشهور في مصر	Here you are	تفضل
buy...from	يشتري من	get home	يعود للمنزل
make at home	يصنع في المنزل	in the oven	في الفرن
parts of	أجزاء / قطع من	get ill	يصبح مريض
Just a little	فقط قليل	allergic to	لديه حساسة من
thank you	شكرا لك	go running	يذهب للجري
too much	اكثر من اللازم	on the way	في الطريق إلى
why don't you..?	لما لا تفعل ....	try not to	حاول ألا تفعل
have a rest	يأخذ راحه	play squash	يلعب اسكواش
give energy	يعطي طاقة	make her strong	يجعلها قوية

### Confusing words

kind of	نوع من	kind	طيب
fat	دهن	fat	بدين
snack	وجبة خفيفة	snake	ثعبان
chips	بطاطس محمصة	ships	سفن
chicken	لحم دجاج	a chicken	دجاجة
here	هنا	hear	يسمع
know	يعرف	no	لا
meat	لحم	meet	يقابل



## Words and opposites

healthy	صحي	unhealthy	غير صحي
a little	قليل للكمية	much	كثير للكمية
a few	قليل للعدد	many	كثير للعدد
fast	سرع	slow	بطيء
careful	حريص	careless	مهمل
delicious	لذيذ	terrible	سيء
full	شبعان	hungry	جائع

## Irregular verbs

مصدر	ماضي	تصريف ثالث	
get	got	got	يحصل على او يصبح
eat	ate	eaten	يأكل
take	took	taken	يأخذ
make	made	made	يصنع
buy	bought	bought	يشتري

## Ze English Notes

1. chicken او دجاجة (اسم يعد) / لحم دجاج (اسم لا يعد)

I don't like fish, I would like chicken.

I can see a chicken in the picture.

2. popular in / popular with محبوب من او مشهور في مكان

Falafel is popular in Egypt.

Falafel is popular with many people.

3. my + = mine = اسمي

This is my car.

This car is mine.



#### 4. mustn't + ممنوع أن تفعل الشيء ..... مصدر

You mustn't park here.

You mustn't eat too much salt.

#### 5. do .. homework / housework / the washing up غسل الأطباق

Let's do the washing up now.

#### 6. play مع الألعاب التي تلعب بالكرة

go..... (ing) مع الألعاب المنتهية بـ

do ..... (ing) مع باقي الألعاب والألعاب العنيفة حتى لو منتهية بـ

Let's play football in the club.

Let's go running in the park.

Let's do judo.

Let's do boxing.

#### 7. Although بالرغم من ..... / However, ... ولكن

Although he arrived early, he missed the bus.

He arrived early. However, he missed the bus.

### Reading (1) ↴

#### What I eat

My name is Imad. I am allergic to nuts , so I must be careful what I eat. If I eat something with nuts in it, I will get ill! for most of the time, this is not a problem. However, I like sweet things, and there are a few types of cake that have nuts in them, so I can't eat those. I am lucky because my mother makes me many different delicious things to eat at home. She says I should eat more vegetables and salad. I have a lot of fruit, and that's healthy!

I am Mustafa. I am on the school athletics team and I go running every day, so I need food that gives me energy. I eat a lot of rice and pasta every day. I also eat a few healthy snacks, like nuts. After athletics practice, my friends and I sometimes get some fast food, like pizzas, on the way home, but I try not to eat too much!



## Reading (2)

**Hi Tom,**

How are you? Thanks for your last email. You asked me to describe my favourite snack. I love hawawshi and I often have it when I get home from school. It is easy to make. First, you need some nice bread. Then you put some meat and vegetables inside the bread. You can put some salt on it, too. I don't like to have any salt, though, because it is not very healthy. Now you cook it in the oven. It is delicious! Do you have any favourite snacks?

Describe them to me in your next email!

Best wishes,

**Osama**

## Listening Text

**Speaker (1)**

**Sfenj** is a kind of cake from Morocco. It has lots of sugar and fat in it and is very sweet, so it is not very healthy, but I love it! We sometimes eat Sfenj for breakfast and sometimes as a snack with some tea or a cup of coffee.

**Speaker (2)**

**In** many places, people use fava beans to make falafel. They are the best! Falafel is really delicious and it is very popular in Egypt.

**Speaker (3)**

**In** Britain, we often buy chips from a fish and chip shop. People often put salt on their chips. I don't put any salt on mine because I don't like salty food. It is not very healthy.

**Speaker (4)**

**You** can buy samosas on the street everywhere in India. Samosas have spicy vegetables inside them. People often eat samosas for a snack. I love to eat them with some hot tea.

**Speaker (5)**

**Rojak** is a fruit snack you can buy in the street in Malaysia and people also make it at home. Rojak is very sweet and juicy. People use different spices in different parts of the country, but it's always delicious.



## Listening Text (2)

**Grandmother** : **Would you like some more chicken, Amal?**

**Amal** : **Yes, please, just a little.**

**Grandmother** : **And would you like some more beans, too?**

**Amal** : **Yes, thank you, grandmother.. stop, that's enough! I mustn't eat too much.**

**Huda** : **Do you like chicken, Amal?**

**Amal** : **Yes, I love grandmother's spicy chicken. It's the best!**

**Huda** : **Thank you, grandmother, that was a delicious dinner!**

**Grandmother** : **Would you girls like some more rice pudding?**

**Huda** : **No, thank you, I am really full.**

**Grandmother** : **What about you Amal,?**

**Amal** : **Thank you, but I really couldn't. Why don't you have a rest now, grandmother? Huda and I can take the plates to the kitchen and we will do the washing up.**

## Exercises on vocabulary

## 1. Complete the following dialogue:

**Waiter** : How can I help you?

**Abdo** : I want the (1).....to choose food.

**Waiter** : Ok, Her you are. What would you like to have?

**Abdo** : I would like some (2).....

**Waiter** : Would you like (3) .....with the fish?

**Abdo** : Yes, I would like a salad.

**Waiter** : (4).....would you like to drink?

**Abdo** : I would like some juice.

**Waiter** : Anything (5).....!

**Abdo** : No, thanks.

## 2. Choose the correct answer from a, b, c or d



## Countable and uncountable Nouns

الأسماء التي تُعد والتي لا تُعد

١- الأسماء التي تُعد (countable) هي أسماء مفرد ويمكن جمعها

\* في حالة المفرد يأتي قبلها (a-an) وفي الجمع نضع (s-es-ies)

a book	books
a potato	potatoes
an apple	apples
an email	emails

ولكن يوجد جمع شاذ كالاتي

a man	men
a woman	women
a child	children
an ox	oxen
a loaf	loaves
a tooth	teeth
a mouse	mice

٢- الأسماء التي لا تُعد (uncountable) هي أسماء تعامل معاً مفردة وليس لها جمع

- لا يأتي قبلها (a - an) ولا تأخذ (s) الجمع

water	مياه	furniture	أثاث
oil	زيت	money	مال
advice	نصيحة	equipment	معدات
information	معلومات	bread	خبز
news	أخبار	sugar	سكر
salt	ملح	tea	شاي

1. His advice was useful.

2. My tea is very hot.



٣ - نستخدم كل من (some) بمعنى بعض وكلمة (any) بمعنى أي قبل كل من الأسماء الجموع والأسماء التي لا تُعد حيث تأتي :

\* - تأتي (some) في الجملة المثبتة وكذلك عند الطلب أو العرض

1. I would like **some** tea.  
Would you like **some** chicken?

2. I will buy **some** books.  
Would you like **some** potatoes?

1. There isn't **any** milk.  
Is there **any** milk?

2. I don't have **any** books.  
Do you have **any** books?

\* - تأتي (any) في حالة النفي والسؤال

٤ - نستخدم الكلمات الآتية بمعنى **كثير** من قبل الأسماء التي لا تُعد والاسماء الجموع

**a lot of / lots of**

1. I have **a lot of / lots of** information.  
2. I have **a lot of / lots of** friends.

٥ - كلمة **كثير** لها أيضاً الأشكال الآتية

<b>a lot of / lots of</b>	اسم جمع <b>many</b> +
	اسم لا يُعد <b>much</b> +

I have **a lot of / lots of** books. = **many**

I have **a lot of / lots of** information. = **much**

٦ - كلمة **قليل** لها الأشكال الآتية

اسم جمع <b>few / a few</b> +	قليل للعدد
اسم لا يُعد <b>little / a little</b> +	قليل للكمية

**Few** people visited the zoo last week.  
I need **a little** oil.



How many +	اسم جمع	كم عدد .....؟
How much +	اسم لا يعد	كم الكمية .....؟

How many **cups** do you need?  
How much **tea** do you need?



## معلومات اضافية للطلبة المميزة

١ - الكلمات المنتهية بـ (ics) تعامل معاملة المفرد مثل

athletics	gymnastics	physics	economics
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1. **Athletics** is my favourite sport.
2. **Physics** was my favourite subject.

٢ - قبل الاسماء التي لا تعد يمكن استخدام بعض ادوات التجزئة كالاتي

a glass of water	a liter of milk
a cup of tea	a bar of soap
a piece of advice	a piece of meat
a bag of tea	a loaf of bread

1. I will buy a **kilo** of meat.
2. Please, give me a **loaf** of bread.
3. He gave me a **piece** of advice.

٣ - الأشياء المكونة من جزئين لا ينفصلان تعامل معاملة **الجمع** مثل

shoes	socks	glasses	scales
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My **shoes** are black.

His **glasses** were broken.

I have a **pair** of shoes.

She bought a **pair** of socks.

ويمكن قبل الكلمات السابقة استخدام كلمة **(a pair of)**

لا حظ الفرق الاتي

tea	شاي	a coffee	فنجان قهوة
glass	زجاج	a glass	كوب
paper	ورق	a paper	جريدة
chicken	لحم دجاج	a chicken	دجاجة

## Exercises on language

### 2. Choose the correct answer from a, b, c, or d

1. Have you got.....apartment or a house?  
a. some      b. many      c. a      d. an
2. Are there.....tickets?  
a. some      b. a      c. an      d. any
3. How.....money do you have?  
a. much      b. many      c. long      d. few
4. How.....pounds do you have?  
a. much      b. many      c. little      d. weight
5. I have.....news for you.  
a. any      b. a      c. many      d. some
6. Windows are made of.....  
a. glasses      b. a glass      c. many glasses      d. glass
7. Please, I want a.....of bread.  
a. loaves      b. leaf      c. loaf      d. leaves
8. Would you like .....chicken?  
a. any      b. some      c. many      d. few
9. He is poor, he has.....money.  
a. many      b. much      c. a lot of      d. little
10. Athletics.....my favourite sport.  
a. is      b. are      c. have      d. were
11. I will buy a.....of shoes.  
a. cup      b. bar      c. kilo      d. pair
12. Not many equals.....  
a. much      b. many      c. few      d. little

### 2. Complete the sentences with the correct form:

1. How.....(many) time have you got at the moment?
2. I haven't got.....(some) money.
3. I would like.....(a) bread , please.
4. Fathers give children useful.....(pairs) of advice.
5. There are.....(any) boys in the class.
6. He lost two.....(tooth) in the accident.
7. He gave me.....(an) advice.
8. How .....(many) money do you need?
9. Not.....(much) people help the old man.
10. Our furniture.....(were) bought from Tanta.

